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Aiki ninjutsu orange belt curriculum

The **Aiki Ninjutsu orange belt curriculum** typically covers a range of fundamental techniques and concepts that build upon the white and yellow belt levels. While specific requirements can vary by school or organization, a detailed example of an orange belt (4th kyu) syllabus in Ninjutsu is provided by the Akban Academy and includes the following categories[1]:

Striking and Punching (Daken Taijutsu):

- Kikaku ken (headbutt)
- Tsuppari (open hand punch)
- Elbow strikes (hiji, enpi)
- Ura shuto (reverse blade of hand strike)
- Omote shuto (outer blade of hand strike)
- Hook punching drill with focus mitts
- Uppercut
- Tsuki (back punch with a step)
- Back punch (cross)
- Front punch (jab)

Kicks (Geri):

- Mawashi geri (roundhouse kick)
- Mikazuki geri (slap kick)
- Sokugyaku geri (heel kick)
- Blocking a low kick
- Mae geri (front kick with ball of foot)
- Ushiro geri (back kick)

Joint Locks (Kansetsu-waza):

- Yubi kudaki
- Hon gyaku jime (wrist torsion break)
- Omote gyaku (outer wrist lock)
- Ura gyaku (inner wrist lock)
- Te hodoki (hand release)
- Muso dori (elbow break)

Movement and Evasion (Sabaki):

- Tai sabaki (movement in eight directions)
- Getting up from lying to crouching stance
- Yoko aruki (sideways movement)

Rolls and Breakfalls (Kaiten, Ukemi):

- Zenpo kaiten (forward roll)
- Koho kaiten (backward roll)
- Gyaku nagare (rolling from ichi mon ji no kamae)
- Sokuho kaiten (side roll)
- Zenpo ukemi (forward breakfall)
- Ushiro ukemi (rear breakfall)
- Mae ukemi (forward breakfall)

Chokes (Shime waza):

- Tsupari
- Tsukomi Jime (front flap choke with knuckles on trachea)

Forms (Kata):

- Ken nagare (Takagi)
- Seion kata (Shoden Gata level, Kukishin Ryu)
- Nami no kata (Chuden Gata level, Kukishin Ryu)
- Hisaku (Chuden gata level, Koto ryu)
- Hicho (Chuden gata level, Koto ryu)
- Jumonji no kamae (cross fighting stance)

Mental and Philosophical Components:

- Zazen meditation (1 minute)
- Zanshin (attention and respect to opponent)
- Decisiveness in technical performance

Knowledge:

- Study of foundational writings (such as the Ninjutsu reader – part A, The Methodical Pyramid)

These requirements reflect a comprehensive approach that includes physical techniques, movement, mental focus, and foundational knowledge[1]. Some programs, such as Banzenkan Aiki Ninjutsu, offer structured online courses specifically for the orange belt curriculum, which may include video instruction and step-by-step breakdowns of each technique[2] [3].

Always check with your specific dojo or instructor, as requirements may be adapted or supplemented according to the school's lineage and teaching philosophy.

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1. https://www.akban.org/wiki/Orange_belt,*4th_Kyu_syllabus*-_Ninjutsu
2. https://banzenkanacademy.com/courses/author/79512
3. https://thewarriorsedge.com/product/aiki-ninjutsu-book/